

- A. Free Throws With Sole**
- B. "Not Applicable"**
- C. "Not Applicable"**
- D. "Not Applicable"**
- E. "Not Applicable"**
- F. 1. Technical Field 2. No related prior art.**
- G. Free Throws With Sole is a teaching method which incorporates an insert(sole) to improve stability in shooting free throws. J.L. Hudson(1985) of Rice University did a study on prediction of basketball skill using biomechanical variables and found that poor shooters were distinguished by instability.**
- H. See Attached Drawing**
- I. J.L. Hudson in the same study(G) concluded "greater stability is related to higher skill". Stability is sustained by the sole. The sole trains and provides muscle memory to the heels of the feet to maintain contact with the floor while executing free throws. The definition of stability is the resistance to disruption of equilibrium. The method and the insert provides ultimate stability. It does not allow the body to lean forward or backward thereby maintaining a constant center of gravity. The insert is a hard plastic(1/8") placed inside the shoe. The size of the shoe and the insert are the same. With the insert it is very difficult for the heels to lift off the floor. Why is this unique? Stability has never been emphasized because it has always been taught to lift the heels from the floor and stay in contact with the floor with the balls of the feet. This is why we have the problem of balance. Free Throws With Sole alleviates this problem and the skill level improves.**